

# ABSTRACT OF THE DISCLOSURE

A binding for a snowboard has: a base plate; a boot fixing band including a belt portion and a pad portion, the belt portion  
5 being mounted on one side of the base plate with one end thereof;  
a hardness adjusting plate mounted on the boot fixing band;  
a buckle connected to the hardness adjusting plate on the other  
end side of the boot fixing band; and a belt having one end  
mounted on the other side of the base plate, and the other end  
10 engaged with the buckle.